|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| |  | | --- | | [https://encrypted-tbn3.gstatic.com/images?q=tbn:ANd9GcQoTLPN3W0wGC0b4X4poyKkiZM622wSX2gi_ca2o2FDqXi5RUf6](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0CAcQjRw&url=http://enahtt.blogspot.com/&ei=7ezzVLuLI8vZggTuxILwCw&bvm=bv.87269000,d.cWc&psig=AFQjCNEqCzCt0zJpHnaA1u0zRB-xdsp7jQ&ust=1425358339303994)  **FRESHMAN 15** | | Are you watching what you eat? Do you get enough daily exercise. The habits you make now can affect you in the future. In a survey taken from college freshman, the average weight change between the students was 8 pounds. Freshman year is a time of change and transition. In order to transition into a healthy adult, you must acheieve daily exercise and a healthy balanced diet. If you need further information, visit the campus recreational center and talk to a fitness trainer. | |  | |  | |  | | --- | |  |   C:\Users\Doug\Desktop\healthyyy.pngC:\Users\Doug\Desktop\red_apple_310910.jpgC:\Users\Doug\Desktop\gym.png |